

TAKE 10 MINUTES TOWARDS A HEALTHIER YOU



Rutherford County Government is giving you access to Zensey®, a new online health assessment. It takes about 10 minutes to complete and can help you set goals and enjoy health improvements that last a lifetime. It's easy and completely confidential.

To avoid a \$300 annual increase on your insurance premium, RC employees and their spouses who participate in the RC medical plan must both complete the Zensey® health assessment by November 30, 2014.

When you complete the Zensey assessment, Smart Steps Wellness Program will enter your name in a raffle for a chance to win one of four iPad Airs (16 GB).

Zensey is also an engaging social network that's designed to be really fun! You can participate in Zensey activities all year long and get health and wellness recommendations customized for your unique needs.

Zensey (Zen-say) can help get you moving and stay motivated:

- Gain support from social communities for managing diabetes, losing weight, healthy cooking, quitting smoking and so much more.
- Find strength in numbers with solo or team challenges that keep you in pursuit of your goals.
- Capture and report your progress on goals and challenges by entering your information online or with easy-to-use web tools that sync with fitness devices-Fitbit®, Body Media®, Polar®, Jawbone®, Withings.
- Get news delivered right to you-that's specific to your expressed health and wellness interests.
- Earn coins for many interactions on the site-and then use them to enter sweepstakes in the Zensey Marketplace*.

To get started, just log in to myCigna.com with your computer, smart phone or tablet.**

**See site for Official Rules.*

***Your carrier's standard mobile phone and data usage charges will apply.*

GO YOU.

